

**Claims:**

1. A dietary ingredient comprising at least one edible lipid, wherein said lipid does not inhibit mineral absorption, enhances mineral absorption and intake.
2. A dietary ingredient of claim 1, wherein said lipid is selected from the group consisting of chemically or enzymatically synthesized synthetic oils, particularly glyceride-based lipids with high levels of mono- or polyunsaturated fatty acids at positions *sn*-1 and *sn*-3 of the glycerol backbone, vegetable- and plant-derived, preferably flax and canola oils, short and medium chains lipids, preferably MCT and oils mimicking the triglyceride composition of human mother's milk fat.
3. The dietary ingredient of claim 2, wherein said lipid is a mimetic of human mother's milk fat.
4. The dietary ingredient of any one of claims 1 to 3, wherein said minerals are selected from the group consisting of calcium, magnesium, iron and other divalent minerals.
5. The dietary ingredient of any one of claims 1 to 4, further comprising at least one of edible additives, emulsifiers or carriers.
6. The dietary ingredient of any one of claims 1 to 5, for use in enhancing calcium absorption.
7. The dietary ingredient of any one of claims 1 to 6, for use in the prevention and/or treatment of disorders associated with any one of depletion of bone calcium and bone density.

8. The dietary ingredient of claim 7, for use in the prevention and/or treatment of osteoporosis.
9. The dietary ingredient of any one of claims 1 to 7, for use in the enhancement of bone formation and bone mass maximization.
10. The dietary ingredient of claim 9, for use in the enhancement of bone formation in infants and young children.
11. The dietary ingredient of any one of claims 1 to 7, for use in the enhancement of energy intake by infants and children.
12. A food article comprising the dietary ingredient of any one of the preceding claims.
13. The food article of claim 12, wherein said food article may be selected from infant formulas and food, bakery products, including bread, particularly biscuits and pastries, dairy products, including milk and dairy drinks, ice cream, cereal products, sauces, spreads, including margarine, oils and fats, soy products, meat products, fried food products, confectionery products, candy bars, candies and chocolates, snacks, drinks and shakes, instant drink products, prepared foods for infants and young children and for adults, including prepared cooked mashed vegetables and/or fruits, condiment products, cooking oils and fats and meat products.
14. A dietary supplement comprising the lipid ingredient of any one of claims 1 to 7.
15. Use of the lipid ingredient of any one of claims 1 to 7 as a carrier for dietary supplements.